

ABSTRACT OF THE INVENTION

A general use chair that is configured to provide a dynamic thrust motion to exercise the lower lumbar area of the user's spine to reduce pressure on the user's spine, joints and tissue and promote improved circulation throughout the user's body, particularly the lower back and legs, so as to reduce fatigue, pain and general discomfort from sitting for long periods of time. The chair has a conventional seat and leg assembly components. In one configuration, a back support assembly is pivotally connected to a pair of vertical members extending upwardly from the seat. A lumbar thrust assembly connects to the back support assembly to project a lumbar roller forward and upward to apply the dynamic thrust motion to the user's lower back. The lumbar thrust assembly motion can be manually initiated by the user, by leaning back on the chair, or operatively controlled by a motor and controller unit.